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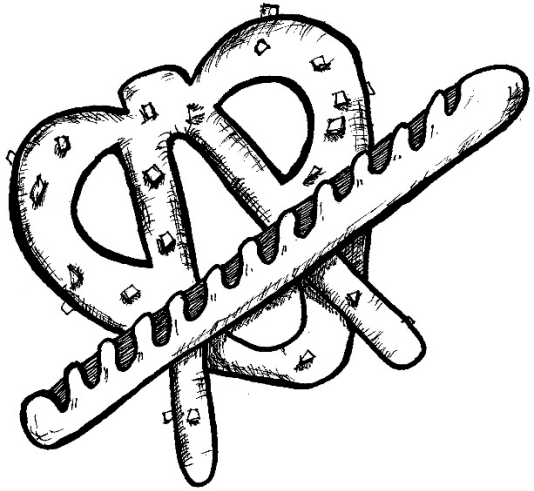
IP is Theft

Relationship

MENU



How to use this menu

The relationship menu is a tool to discover and communicate what you want, have, or need in your relationship.

- ✓ This can be filled out solo or together
- ✓ This is a starting point. True answers come from reflection and discussion.
- ✓ Check what applies. Some categories (like Frequency) may have multiple checks; others (like Structure) are typically mutually exclusive.
- ✓ Each section has a blank space to write your own if nothing listed fits.
- ✓ A mark can represent the current state ("this is true now") or a desired state ("this is what I want"). If you need to distinguish, fill out two copies and note which is which.
- ✓ Feel free to leave sections blank. Revisit later if needed.
- ✓ This is not a contract.

COMMUNICATION

Response

- ❑ Always immediate
- ❑ Priority response
- ❑ Delayed response
- ❑ Asynchronous
- ❑ _____

Frequency

- ❑ Every day
- ❑ Most days
- ❑ A few days per week
- ❑ Most weeks
- ❑ 1 – 2 times per month
- ❑ _____

Method

- ❑ In-person
- ❑ Video call
- ❑ Audio call
- ❑ Text
- ❑ Written
- ❑ _____

Labels

- ❑ Chosen Family
- ❑ Datemates
- ❑ Spouses
- ❑ Lovers
- ❑ Friends
- ❑ Colleagues
- ❑ _____

Relationship Disclosure

- ❑ Clandestine (hidden)
- ❑ Seen together
- ❑ Friends & family
- ❑ Social media
- ❑ Work
- ❑ _____

Structure

- ❑ Open & non-hierarchical
- ❑ Open & hierarchical
- ❑ Closed & exclusive
- ❑ _____

INTIMACY

Physical

- ❑ No touch
- ❑ Platonic touch
- ❑ Erotic touch
- ❑ Safer sex
- ❑ Shared fluids
- ❑ _____

Emotional

- ❑ Confidant
- ❑ Support
- ❑ Shared vulnerability
- ❑ Shared values
- ❑ _____

Kink

- ❑ BDSM
- ❑ Power exchange
- ❑ Role playing
- ❑ _____

ENCOUNTER

Quality

- ❑ Adjacent
- ❑ Collaborative
- ❑ Sole Focus
- ❑ Shared Experiences (Dates)
- ❑ Events
- ❑ _____

Frequency

- ❑ Most Days
- ❑ A Few Days per Week
- ❑ Most Weeks
- ❑ 1 – 2 times per month
- ❑ Most Months
- ❑ _____

Caregiving

- ❑ Plants
- ❑ Pets
- ❑ Children
- ❑ Adults Needing Care
- ❑ Emergency Contact
- ❑ _____

Domestic

- ❑ Routines
- ❑ Chores
- ❑ Cooking together
- ❑ Eating together
- ❑ Housemate
- ❑ Shared sleeping space
- ❑ _____

Companionship Longevity

- ❑ Long-term goals
- ❑ Political alignment
- ❑ Change readiness
- ❑ _____

Legal

- ❑ Marriage
- ❑ Shared child custody
- ❑ Co-parenting
- ❑ Adoption
- ❑ Business partner
- ❑ Power of Attorney
- ❑ _____

Finances

- ❑ Support
- ❑ Shared expenses
- ❑ Shared accounts
- ❑ Shared possessions
- ❑ Shared property
- ❑ Inheritor/Beneficiary

DATE

PARTICIPANTS

NOTES